

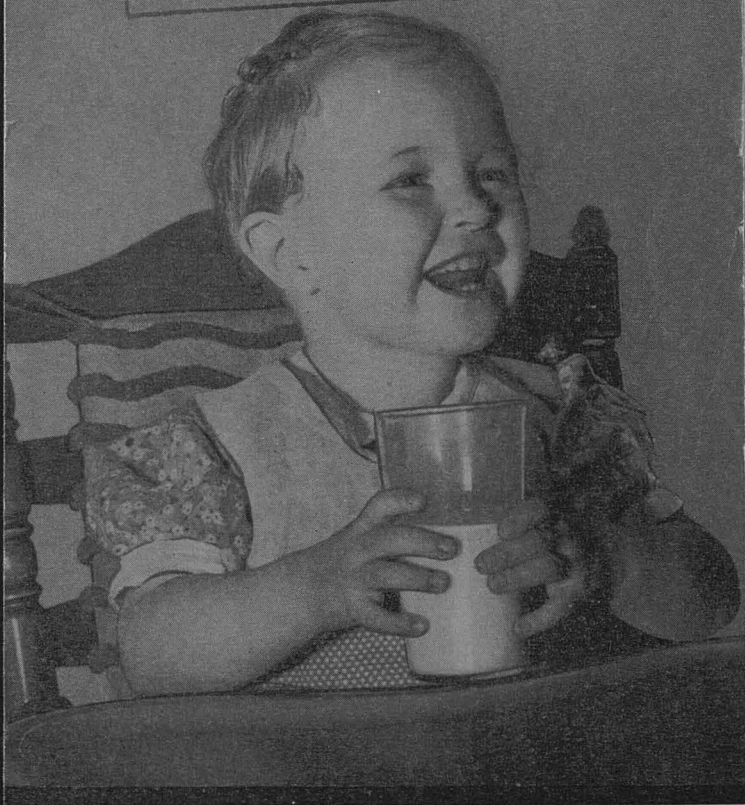
The Food We Eat

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Better Health and Living

Depends on Good, Wholesome Food

THE FOOD we eat does more than satisfy the protest of an empty stomach. We are the food we eat. It becomes our muscles, our bones, and our blood; it helps form our personalities. Just as our houses are built of wood and plaster, so our bodies are built, repaired, and powered by food.

We owe ourselves health and vigor, freedom from worry, endurance to see us through the day's work, and ability to enjoy life. Whether or not we collect this debt depends chiefly upon our food.

Unlike Old Mother Hubbard's, our Minnesota farm cupboards are not bare. They offer a wide variety of good food. It is a rare rural home that does not have potatoes, bread, and meat. These are all valuable foods. They are fuel for action; they are spare parts to repair worn tissues; they are fillers for hungry stomachs.

Hunger Has Many Phases

But stomach hunger is not our only hunger. Our blood gets hungry, too—hungry for iron to carry oxygen; hungry for calcium, protein, and water to enable it to do its work well.

Teeth need food. Grandmother used to say, "For every child a tooth." Nature robs the mother's body to build the developing child if the materials needed for both are not provided in the mother's food.

Bones, too, make their special demands. How is the small boy going to build a six-foot frame unless he has the materials?

So it goes. The skin, the nerves, the muscles, the digestive tract, the blood vessels—all dip into the food stream, helping themselves to their own highly specialized needs. If they do not find what they require, these organs become sick. Then instead of enjoying the glow of abundant health and well being, we complain of fatigue, despond-



ency, rheumatic pains, tender gums, decaying teeth, and a whole list of other ailments. The list is growing constantly as doctors find new connections between health and food.

Frequently these ailments are "hunger" diseases which can be cured only with food. When such hunger has changed one from a well human being to a sickly one, even the best doctor can do no more than correct our habits of eating.

Minnesota Has Fine Gardens

Rural Minnesota is fortunate in that income crops are chiefly food crops. In addition we have the priceless tradition of fine gardens. A millionaire cannot set a better table than we can furnish, right off our own farms.



Correct Eating Isn't Complicated

It Is Simple and Economical

Does correct eating sound complicated? It isn't complicated. It is simplicity itself. And it doesn't mean "going on a diet." Eat your potatoes, but eat other vegetables, too. Carrots, greens, rutabagas, cabbage, onions, and squash grow as readily as potatoes. These and others can be grown in the garden and stored or canned for winter use.

Raise enough tomatoes so you will be able to can plenty for all winter. Serve tomatoes daily unless you can have fresh fruits such as oranges and grapefruit. In the summer eat abundantly of fresh, raw vegetables such as lettuce, green onions, and parsley, or fresh cooked vegetables such as peas, corn, and leafy greens.

Buy at least as much whole-grain flour as you do white flour because many of the food substances which feed the bones, nerves, muscles, and blood are milled out of the wheat to produce white flour. Or buy the new "enriched" white flour in which several of these food materials have been restored. Serve eggs frequently and regularly.

Use Plenty of Milk

Most important of all, use plenty of milk, which does more for the body than any other one food, and does it more cheaply. Every child should have a quart of milk a day. Every pregnant or nursing mother should have a quart or more. Other adults should have at least a pint.

Most of us do not know the meaning of "total health." We should not be content with keeping the doctor away. We should experience the vitality that makes us eager for our day's work, that keeps our minds alert, that reproduces good health in our children, and that insures a happy and useful old age.



Good Food Every Day

Makes Healthier, Happier Lives

For the guidance of the father who provides and the mother who prepares the meals, here are a few simple rules on what to eat:



MILK DAILY . . .

A quart for every child, through high school age.

A quart or more for pregnant and nursing mothers.

A pint for other adults.

(Count milk used in cooking, but be sure children use milk as their main beverage.)

MEAT DAILY . . .

Use any or all types of lean muscle meats—pork, beef, lamb, mutton, poultry, and fresh fish. Use canned sea fish such as tuna and salmon frequently. Serve liver, kidney, heart and other glandular meats when available. Utilize cheese, cottage cheese, and eggs for meatless meals, with emphasis on the yolk of the egg because of its “stored sunshine” and other vitalizing properties.



VEGETABLES DAILY . . .

Besides potatoes, plan for two other vegetables, particularly the yellow and green ones, such as lettuce, beet greens, chard, dandelion, or spinach. The darker green the better. Serve some of the vegetables raw, as in slaw or salad, and

let the children munch them freely. If they are cooked, utilize the cooking liquid because it contains much of the food value.

TOMATOES . . .

Cooked, canned, raw, or as juice, tomatoes rank as a top food. They are especially valuable as a substitute for fresh raw fruit. Raise and can enough tomatoes to carry you through the winter.





BREAD AND CEREALS . . .

Use bread made either wholly or in part from whole-grain flour, or else from the new "enriched" flour. Serve generous portions of whole-grain cereals such as oatmeal and wheat.

BUTTER AND FATS . . .

Use butter or its equivalent in cream daily. Lard is the most nutritious of the low-cost shortenings. Combine harder tallow with the softer drippings and poultry fats to get fats of desirable consistency.



WATER

Drink six to eight glasses of water or the equivalent in other beverages every day.

OTHER VALUABLE FOODS

For sweets use jelly, jams, honey, sorghum, and brown sugar, when they will take the place of white sugar.

Peanuts, red skin and all, are rich in thiamin (Vitamin B₁). Peanut butter is good for little children.

Parsley furnishes iron and Vitamin A.

Grated horseradish and green or red sweet pepper are extra rich in Vitamin C.

Wheat germ has several vitamins to offer, particularly the "B" group.

Cod-liver oil provides Vitamins A and D for growing children.

Iodized salt is especially important in Minnesota as a goiter preventive.

We have named the most important foods, and have suggested other good foods. Eat the most important first; then fill up on others which you like. Eat regularly. Have **today's** diet adequate without regard to **yesterday's** and **tomorrow's**.

If you can grow many of these foods in a garden or on a farm, so much the better. You will have greater abundance, they will taste better and cost less.

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